

Lloydspharmacy 

# ColdSoreClear Advance

User Manual

Model LLCS1



Tested and approved by:

**THOR**  
THE FUTURE OF MEDICINE

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## Introduction

Thank you for purchasing the Lloydspharmacy ColdSoreClear Advance.

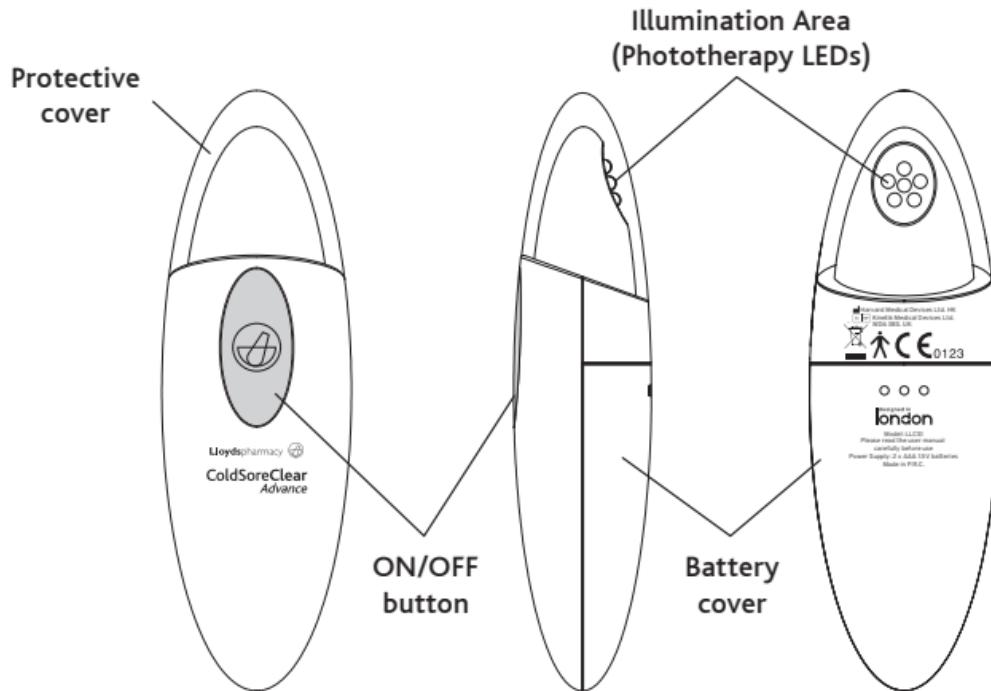
The Lloydspharmacy ColdSoreClear Advance is highly effective at relieving cold sores. It uses Red Light Therapy which is recognised as a safe and effective treatment by many healthcare professionals. Before using, please read the instructions carefully.

1 in 4 people in the UK suffer from recurring cold sores. They are caused by a viral infection and can be triggered when you are feeling down or even by sunlight. The blisters can be uncomfortable and can make some people feel self-conscious.

The Lloydspharmacy ColdSoreClear Advance is an innovative and effective treatment which uses Red Light Therapy to stimulate cell regeneration, thus speeding up the healing time of cold sores. It can be used when you first feel the tingling sensation, or even after the blister appears.

**IMPORTANT: PLEASE KEEP THIS USER MANUAL FOR FUTURE REFERENCE**

## Parts



## General Warnings and Safety

### Notice:

- This is not a toy, do not look directly into the LEDs, even when using optical protection (for example sunglasses)
- Do not use if your eyes are sensitive

### Warnings:

- Children under 12 years of age must be supervised by an adult when using this product
- Not suitable for people with pacemakers or other implanted medical devices
- Avoid using the device in the vicinity of flammable or anaesthetic gases
- Do not use the device if you are connected to, or in the vicinity of high-frequency surgical or industrial equipment
- Do not use the device in the direct vicinity of short-wave or microwave equipment
- Do not shine directly into the eyes of other people or animals

## Using the ColdSoreClear Advance

1. Remove the protective cover and press and hold the ON/OFF button for 2 seconds to turn the unit on. The unit will emit a beep while in use, signifying that the device is working properly.
2. Gently place the illumination area on to the cold sore (for the most effective results, the illumination area must touch the cold sore at all times). Keep the illumination area in place until the 1 minute treatment cycle has ended.
3. When the battery power is low, a continuous beeping sound will be heard to indicate that the batteries should be replaced.
4. Once the treatment cycle has ended, the unit will automatically switch off. Clean the illumination area with an alcohol wipe and replace the protective cover. Do not immerse the unit in water.

THE ILLUMINATION AREA SHOULD BE CLEANED CORRECTLY BEFORE AND AFTER USE

# Using the ColdSoreClear Advance

ColdSoreClear Advance is a personal treatment device. To avoid cross contamination, do not share this device with other people.

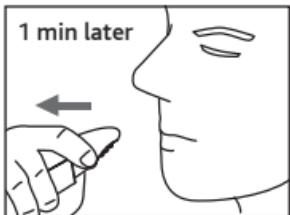
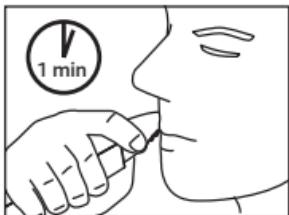
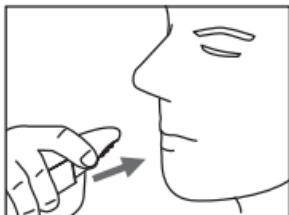
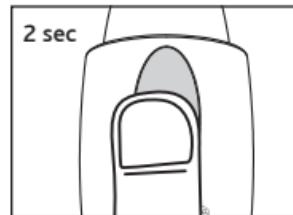
## Treatment Time and Intervals

One treatment cycle lasts for approximately 1 minute. The unit will automatically turn off after the treatment cycle is over. If you need to turn the unit off during treatment, press the ON/OFF button.

For best results, do not exceed 1 treatment cycle in the same area in any 1 hour period. Repeated (back to back) treatment cycles in the same area will actually reduce the healing effects and is therefore not recommended. If you have multiple areas to treat, treat each area for 1 minute then move to the next affected area.

For some people, a single treatment cycle, three times a day, for 2 to 3 days may help reduce symptoms of cold sores. Additional treatment cycles may be permitted and indeed will be beneficial, provided you do not exceed 1 treatment cycle, in the same area, in any 1 hour. Continue daily treatment as needed.

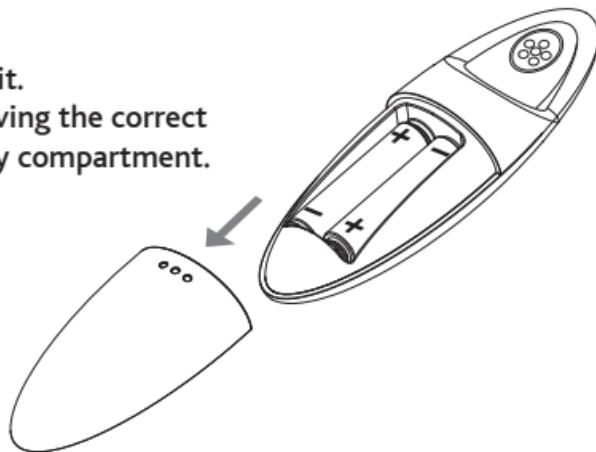
**NOTE:** If you feel any discomfort or pain at any time during treatment, turn the unit off and stop using immediately. Consult your Lloydspharmacy pharmacist for advice.



## Battery Information

### Inserting the batteries into the unit

1. Open the battery cover at the back of the unit.
2. Insert 2 x AAA batteries (not included) observing the correct polarity as shown on the inside of the battery compartment.
3. Replace the battery cover.



- Dispose of batteries safely according to the battery manufacturer's instructions
- Remove the batteries if the product will not be used for a long period of time
- Do not mix old and new batteries or different types of batteries
- WARNING: If batteries leak and come into contact with the skin or eyes, wash immediately with copious amounts of water
- Keep batteries away from infants and young children

## Specifications

Model Number:	LLCS1
Product Name:	Lloydspharmacy ColdSoreClear Advance
Technology of Treatment:	Single wavelength phototherapy
Red Wavelength:	660 nm $\pm$ 20nm
Operating Time:	1 minute $\pm$ 10s
Operating Temperature / Humidity:	10°C ~ 40°C (50°F ~ 104°F) / 20% ~ 85% RH
Storage and Transport Temperature/ Humidity:	-5°C ~ 50°C (-23°F ~ 122°F) / less than 85%
Battery :	2 x AAA batteries (not included)
Life of Battery:	Approx 50 treatments (1 min each time)
Size:	Approx H 122mm x W 38 mm x D 28 mm
Weight:	Approx 39g (without batteries)

## Troubleshooting

Problems	Cause	Solution
Can not turn on the device	<ul style="list-style-type: none"><li>Batteries are not installed or low on power</li></ul>	<ul style="list-style-type: none"><li>Install/change the batteries as necessary</li></ul>
	<ul style="list-style-type: none"><li>Batteries are not installed correctly</li></ul>	<ul style="list-style-type: none"><li>Check batteries are inserted correctly</li><li>Re-insert batteries observing the correct polarity</li></ul>
	<ul style="list-style-type: none"><li>Did not press the ON/OFF button for 2 seconds</li></ul>	<ul style="list-style-type: none"><li>Press the ON/OFF button for 2 seconds again</li></ul>
Hear a rapid beeping sound	<ul style="list-style-type: none"><li>Low battery</li></ul>	<ul style="list-style-type: none"><li>Replace with new batteries</li></ul>

## Frequently Asked Questions

**How does ColdSoreClear Advance work?**

It uses Red Light Therapy which is applied to the affected skin area to be treated to promote cell regeneration and reduce inflammation. This helps to speed the healing of cold sores.

**What is Red Light Therapy?**

Red light therapy is a type of Low Level Light Therapy (LLLT) which is the application of light of narrow spectral width in the red or near infrared (NIR) spectrum to promote healing and reduce inflammation.

**Can this therapy work for me?**

We are all made up of cells and when they are stressed a molecule called Mitochondrial Nitric Oxide (NOMT) is produced which indirectly reduces the ability of the cells to fight infection and repair. This can result in skin damage in the shape of a cold sore.

The primary effect of Red Light Therapy is to displace the NOMT and this has been shown many times to improve healing in a wide range of medical conditions including cold sores.

## Frequently Asked Questions

**What kind of improvement can I expect?**

A reduction in inflammation and a reduction in healing time.

**How long will it take to heal my cold sores?**

It will be different for each person, but on average, the time to heal a cold sore is reduced by around half compared to leaving to heal without treatment.

**Are there any age restrictions?**

The ColdSoreClear Advance is suitable for all ages (excluding children under 3 years of age) but we would recommend that children under 12 years of age are supervised.

**Is the ColdSoreClear Advance safe to use?**

Yes – there is no evidence of any negative side-effects.

**Is there any heat produced?**

Virtually none.

**Does the treatment hurt?**

No it is totally pain free.

## Frequently Asked Questions

**How often should I use the ColdSoreClear Advance?**

One minute, 3 times a day, until cold sores has healed.

**Are there any risks from over-use?**

No – there is no evidence of any side effects from over-use. However, you must not exceed 1 treatment cycle in the same area in any 1 hour period as this can reduce healing time.

**Can I damage my eyes from looking into the lights?**

The lights are LEDs, not lasers, so they are safe, however it is advisable to avoid looking into any bright light.

**How much does each treatment cost?**

The total running cost is about 2 to 3 pence per treatment. This is based on the useable life of the LEDs and batteries.

**Can ColdSoreClear Advance be used in conjunction with other traditional cold sore treatments?**

Yes - If you are using a cream please use the ColdSoreClear Advance first as it may inhibit penetration of light from LEDs.

## Maintenance and Cautions

- 1) Batteries should be removed when the device is not used for long periods of time.
- 2) This product is not waterproof. Do not clean with any liquid cleaner. To clean the unit, use a soft dry cloth or alcohol wipe to clean the surface. Do not allow any liquid to enter the main unit.
- 3) Do not drop this device or subject it to strong impact.
- 4) Do not use abrasive cleaners.
- 5) To prevent cross contamination, do not share the device with other people.

## Warranty

This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no user serviceable parts inside the Lloydspharmacy ColdSoreClear Advance. Any attempted repairs by unauthorised persons invalidates the warranty. This does not affect your statutory rights.



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## Other Red Light Therapy products available at Lloydspharmacy



SpotClear Advance



MouthUlcerClear Advance



Allergy Reliever